

MILWAUKEE COUNTY SENIOR DINING



MILWAUKEE CHRISTIAN CENTER
807 S. 14th STREET

FOR CURBSIDE PICK-UP

MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 414-902-5384	Hard Salami ¹ Kaiser Roll Mayo Cherry Tomatoes Broccoli Salad Sun Chips Mandarin Oranges	Vegetarian Chef's Salad ² <i>Lettuce, Cucumber, Egg Carrots, Tomato, Cheese Salad Dressing</i> Bran Muffin Cottage Cheese Cinnamon Apple Slices	Shaved Ham ³ Whole Wheat Bread w/Mustard Asian Coleslaw 🍅 Tomato Juice Fresh Pear Spice Cake	Veggie & Cheese ⁴ Tortilla Wrap Marinated Bean Salad Pretzels Blueberry Yogurt Sliced Peaches
Chicken Salad ⁷ Coney Bun Marinated Carrot Salad Grape Tomatoes Applesauce M & M Cookie	Roast Beef ⁸ Whole Grain Bread Pea & Cheese Salad Red Cabbage Slaw Pear Slices Rice Krispie Treat	Tuscan Tortellini Salad ⁹ <i>Spinach, Salami, Olives Pepperoni, Mozzarella Lettuce, Dressing</i> Whole Wheat Dinner Roll Banana Oatmeal Raisin Cookie	Submarine Sandwich ¹⁰ w/Lettuce & Tomato Pasta Salad Pickled Beets Chips Red Delicious Apple	Tuna Salad ¹¹ Sesame Bun Cauliflower Florets Kidney Bean Salad Chocolate Pudding Grapes
Sliced Turkey ¹⁴ 7-Grain Bread Broccoli Slaw Chips Peaches Coconut Pie 	PB & J ¹⁵ English Muffin Marinated Bean Salad Sun Chips Strawberry Yogurt Granny Smith Apple	Taco Salad ¹⁶ <i>Lettuce, Taco Meat Tomato, Peppers, Onion Cheese, Dressing</i> Tortilla Chips Mixed Fruit Cup Cereal Bar	Corned Beef & Swiss ¹⁷ 1,000 Island Dressing Marble Rye Bread Cabbage Slaw Pickle Spear Fresh Pear Shamrock Cookie St. Patrick's Day	Seafood Salad ¹⁸ on Leaf Lettuce Pasta Salad Baby Carrots Split-Top Dinner Roll Tropical Fruit Cup
Ham & Cheese ²¹ Kaiser Roll Potato Salad 3-Bean Salad 🍊 Orange Juice Blondie	Chicken Salad ²² Oatmeal Bread Marinated Vegetables Red Jello Banana Snickerdoodle Cookie	7-Layer Salad ²³ <i>Lettuce, Egg, Cheese Peas, Chives, Bacon Mayo Dressing</i> Crusty Bread Fruit Cocktail Spice Cake	Roast Beef ²⁴ w/Mustard Sourdough Bread French Potato Salad Garden Salad/Ranch Clementine Lorna Doone Cookies	Egg Salad ²⁵ 7-Grain Bread Arugula & Tomato Salad Corn Chips Fruit Cup Banana Muffin
Tuna Salad ²⁸ Italian Bread Broccoli Salad Pretzels Fruit Cocktail Graham Crackers	Ham Salad ²⁹ 7-Grain Bread Carrot Raisin Salad String Cheese Pineapple Tidbits Peanut Butter Cookie	Chicken Caesar Salad ³⁰ <i>Grilled Chicken Romaine, Tomato Croutons, Parmesan Caesar Dressing</i> Italian Bread Fresh Orange Lemon Pudding	Roast Turkey BLT ³¹ Whole Grain Bun American Potato Salad Black Bean Salad Cranberry Relish Granola Bar	Suggested Contribution \$3.00 60+   Find us on Facebook

Can Processed Food Be Healthy?



There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

74% of consumers prefer less sodium in processed foods.

Almost **50%** of consumers have tried to eat fewer processed foods.



What do you need to know?



Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



Highly processed foods are manufactured with ingredients that are not typically used in cooking.

1 Choose healthier processed foods.

By one recent estimate **highly processed foods** contribute

50% of the calories & **90%** of added sugars in the American diet

It's important to:

- Read food labels.
- Look for the **Heart-Check mark** on packaged foods.
- Make healthier choices when eating out.



2 Seek healthier alternatives to highly processed foods.



Cook more meals at home.



Swap highly processed foods with less processed options.



Try fruits and vegetables from the produce aisle, the farmer's market, or your own garden.

3 Watch out for sneaky sodium.

Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

Shake your sodium habit.

Most of the sodium we eat comes from **PROCESSED, PREPACKAGED, AND RESTAURANT FOODS, NOT THE SALT SHAKER.**



4 Take your food into your own hands.



American Heart Association advocates have written **more than 29,000 letters to the food companies and restaurants** that provide processed foods, asking that healthier options be made available.

You can too! Join our growing community, take action, get helpful tips and #BreakUpWithSalt today by visiting heart.org/sodium.

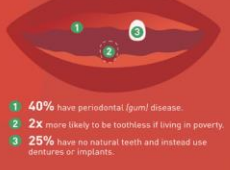


NUTRITION & ORAL HEALTH: THE ROOT OF IT ALL

Registered dietitians at the Academy of Nutrition and Dietetics recognize a link between mouth health and nutrition. Oral infectious diseases, as well as acute, chronic and terminal illnesses with oral symptoms can impact not only our ability to consume food properly, but also our health and nutrition status.

ORAL HEALTH ISSUES IN OLDER ADULTS (65+ YRS):

1/3 HAVE UNTREATED DENTAL ISSUES



FOR MANY, AN ANNUAL DENTAL EXAM IS A LUXURY



*TOP 10 STATES WITH THE HIGHEST % OF DENTAL VISITS:

72% on average have health insurance

*BOTTOM 10 STATES WITH THE LOWEST % OF DENTAL VISITS:

56% on average have health insurance

ORAL HEALTH ISSUES IN CHILDREN (2-4 YRS):



THE DON'TS FOR ORAL HEALTH

- 1 **DON'T** regularly sip on sugar-sweetened or carbonated drinks.
- 2 **DON'T** overly consume sticky foods or slow-dissolving candies.
- 3 **DON'T** frequently eat desserts or other sugary foods.

THE DO'S FOR ORAL HEALTH

- 1 **DO** maintain a healthy diet of fruits and vegetables, lean proteins, low-fat dairy products and whole grains that provide essential nutrients.
- 2 **DO** practice good oral hygiene (i.e., brushing your teeth with fluoridated toothpaste twice a day, drinking fluoridated water, and seeking regular oral health care).

ORAL HEALTH CARE & NUTRITION IS ABOUT EDUCATION
But the collaboration between patients, dentists and registered dietitians can prevent and alleviate a lot of common dental problems – and offer better health to boot!



Position of the Academy of Nutrition and Dietetics: "Oral Health and Nutrition" (May 2013). <http://www.eatright.org/files/2013/05/Oral-Health-and-Nutrition.pdf>
Gallup Working: "Residents in Mass., Connecticut Lead Nation in Dental Visits" (Sept. 2013). <http://www.gallup.com/press/2013/09/Residents-in-Mass.-Connecticut-Lead-Nation-in-Dental-Visits.aspx>
*Based on a 2011 Gallup study of more than 172,000 interviewees ages 18 and over who say they visited the dentist between January and June 2011.